

Chair Zumba

Thomas G Crowder Woodland Center

It is an energizing, seated Zumba that utilizes cardio and strength based exercise for persons who have limited mobility, are recovering from injuries, or who always enjoyed Zumba music, but need more support in order to fully participate. The benefits include improved posture, endurance, balance, flexibility, and cognitive awareness. The music is exhilarating and it feels more like a party than a hour workout.

8 Class Session

#215272 Mondays 10:30 - 11:30am 9/18—11/13 (No class 11/6)

Cost: \$40 Residents; \$55 Non-Residents

4 Class Sessions

#215274 Thursdays 11am - 12pm 10/5—10/26
#215273 Mondays 10:30 - 11:30am 11/27—12/18

Cost: \$20 Residents; \$35 Non-Residents

Ages: 18 years and old

Instructor: Janet Wise-Thomas



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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